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ABSTRACT

Young people are encouraged to use this writing journal for kids as a means to think, write, and be creative. The journal helps children to explore their worlds, learn about their families, and record their memories, feelings, and dreams. Following explanatory sections for parents, teachers, and the writer, the journal contains these sections: This Is My Galaxy!; All about Me; My Favorite Things; Pages for Family and Friends to Complete; The Lights in My Galaxy Diary Pages (instructions; Diary Pages); Everlasting Lights; Twinkle Lights; Exploring My Galaxy; Using My Imagination (My Imagination in Art Form; My Imagination in Written Form; My Imagination in Musical Form); and Reflections and Resolutions. (NKA)

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My Galaxy

of Memories, Feelings, and Dreams

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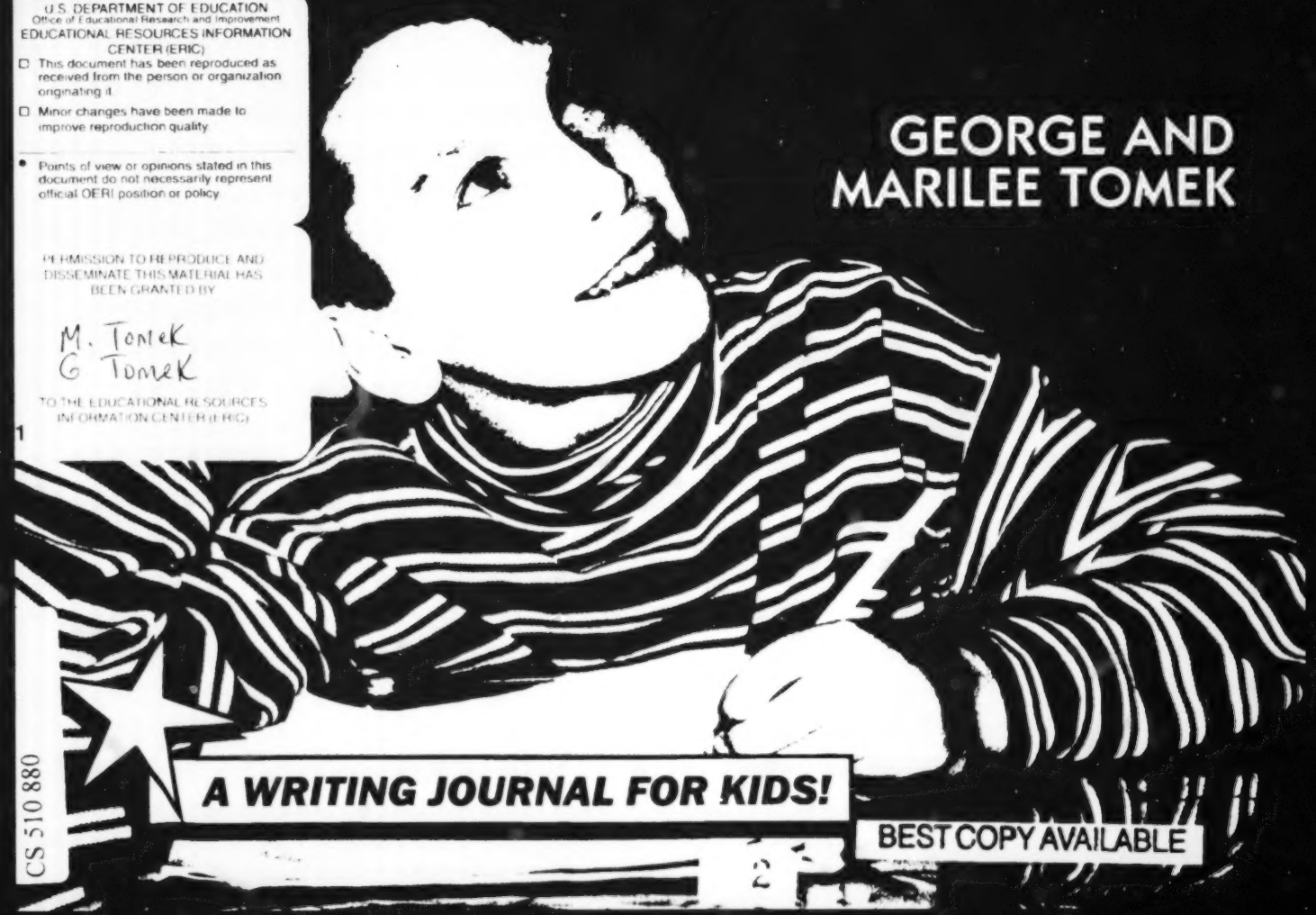

A WRITING JOURNAL FOR KIDS!

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CS 510 880

My Galaxy

of Memories, Feelings, and Dreams

by George and Marilee Tomek

Published by

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My Galaxy

of Memories, Feelings, and Dreams

Contents

Dedication 4

A Message to Parents and Teachers 5

Guidelines for Parents and Teachers 6

A Note to the Writer 7

This Is My Galaxy! 9

All about Me 10

My Favorite Things 11

Pages for Family and Friends to Complete 12

The Lights in My Galaxy Diary Pages 17

Instructions

Diary Pages

Everlasting Lights 20

Twinkle Lights 21

Exploring My Galaxy 23

The Sky in My Galaxy 25

Using My Imagination 26

My Imagination in Art Form

My Imagination in Written Form

My Imagination in Musical Form

Reflections and Resolutions 30

Dedication

This journal is dedicated with our love to all of our family and friends, especially

George Michael Tomek
Brian Everett, Nancy, and Christian Tomek
Joy and Zachary Tomek
Pamela Cordell
George Warren Tomek III
John Joseph Tomek

and

Gil and Caroline, Blain and Gilbert Kennedy
Dan and Ann Lacy
Marilyn Corbett
Susanne Christ, Ph.D.
Lucille Garness
Sabina Nelson
Stanley Babinski

and

the endorsers of this journal
for their endless encouragement and support.

In memory of
John and Stephany Babinski
George and Merle Tomek

A Message to Parents and Teachers

When our boys were young, we devised a journal to provide them with a sense of history and connection to family, friends, and the fascinating world around them. As we shared our journal with others, it was greeted with an enthusiasm that delighted us. Educators, doctors, and school counselors have endorsed *My Galaxy* as a much needed tool for family communication, as well as an invaluable teaching aid for educators, parents, and students.

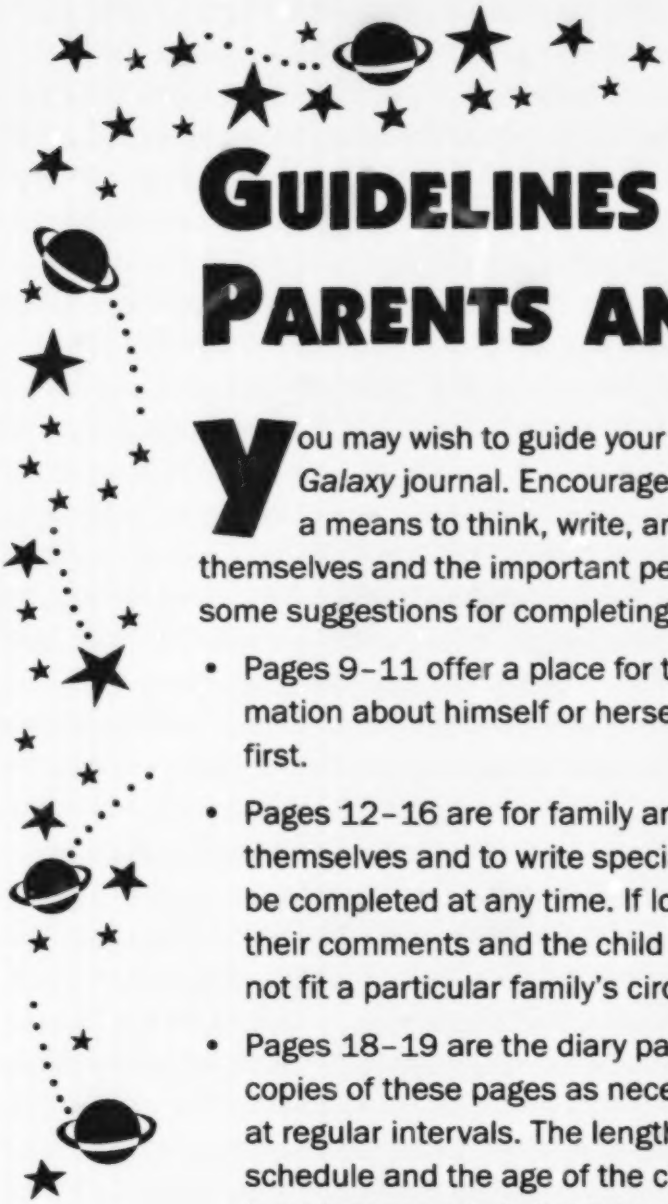
Now we share our journal with you. *My Galaxy of Memories, Feelings, and Dreams* is written as a personal journal for children and adolescents and their families. With it, you can encourage reflective thinking, promote family communication, and give children a chance to express themselves creatively. When a young person has completed *My Galaxy*, the tangible result is a treasured keepsake for the benefit of present and future generations.

We believe that in addition to strengthening their writing and thinking abilities, *My Galaxy* will provide all young people with a fun, creative outlet for self-expression. As Kieth D. McKee, a counseling psychologist told us, "I found *My Galaxy* to be an exciting and rewarding journal and believe it can help a person understand that his or her life story is really a wondrous adventure."

Let us help our children appreciate this wondrous adventure!

Best wishes,

George and Marilee



Guidelines for Parents and Teachers

You may wish to guide your child or students in using the *My Galaxy* journal. Encourage young writers to use their journals as a means to think, write, and be creative. They will learn about themselves and the important people and events in their lives. Here are some suggestions for completing the journal:

- Pages 9–11 offer a place for the writer to provide some basic information about himself or herself. These pages should be completed first.
- Pages 12–16 are for family and friends to share information about themselves and to write special messages to the child. These may be completed at any time. If loved ones are far away, they can mail their comments and the child can fill in the pages. If any page does not fit a particular family's circumstances, it may be left blank.
- Pages 18–19 are the diary pages for *My Galaxy*. Make as many copies of these pages as necessary and have the child fill them out at regular intervals. The length of the intervals will depend on your schedule and the age of the child. Younger children may prefer to have longer periods between writing, while older kids may have lots to say each week.
- Pages 20–29 offer special prompts for writing and other creative activities. These may be filled out whenever you choose.
- On pages 30–32, "Reflections and Resolutions," the writer is offered the opportunity to reflect on the experiences of the past year and possible directions for the year ahead. These pages are intended to be completed last.

Note: *Pages of this book may be reproduced for personal use only. Sale or redistribution of any part of this book is prohibited.*

A Note to the Writer

Dear Friend,

Take a journey through the galaxy of your life!
Explore your world, learn about your family, and record your memories, feelings, and dreams.

As you travel through your life, you create new memories every day. When you write them down, you save them before they disappear into the past and are forgotten.

Your *Galaxy* journal will help you chart the course you will take in your life's journey. It will help you remember forever the important events and people of your life. It will also help you set your goals for the future.

Write from your heart!
Search your heart and imagination for words and let your thoughts flow through your pen. *My Galaxy* will be fun for you, your family, and your friends. When you are finished, you will have a book that will enrich your life for years to come.

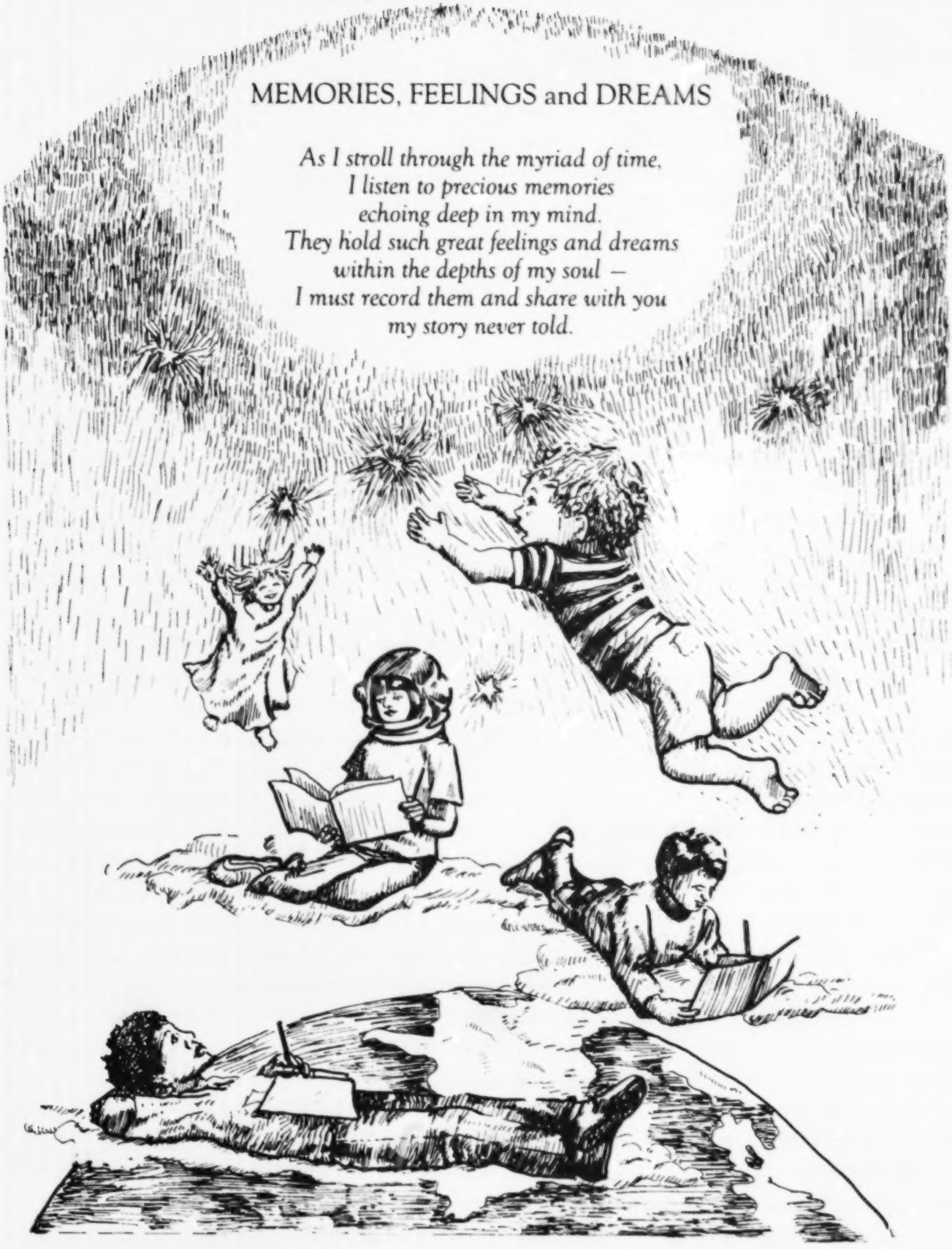
Have a safe and well-charted journey!

Best wishes,

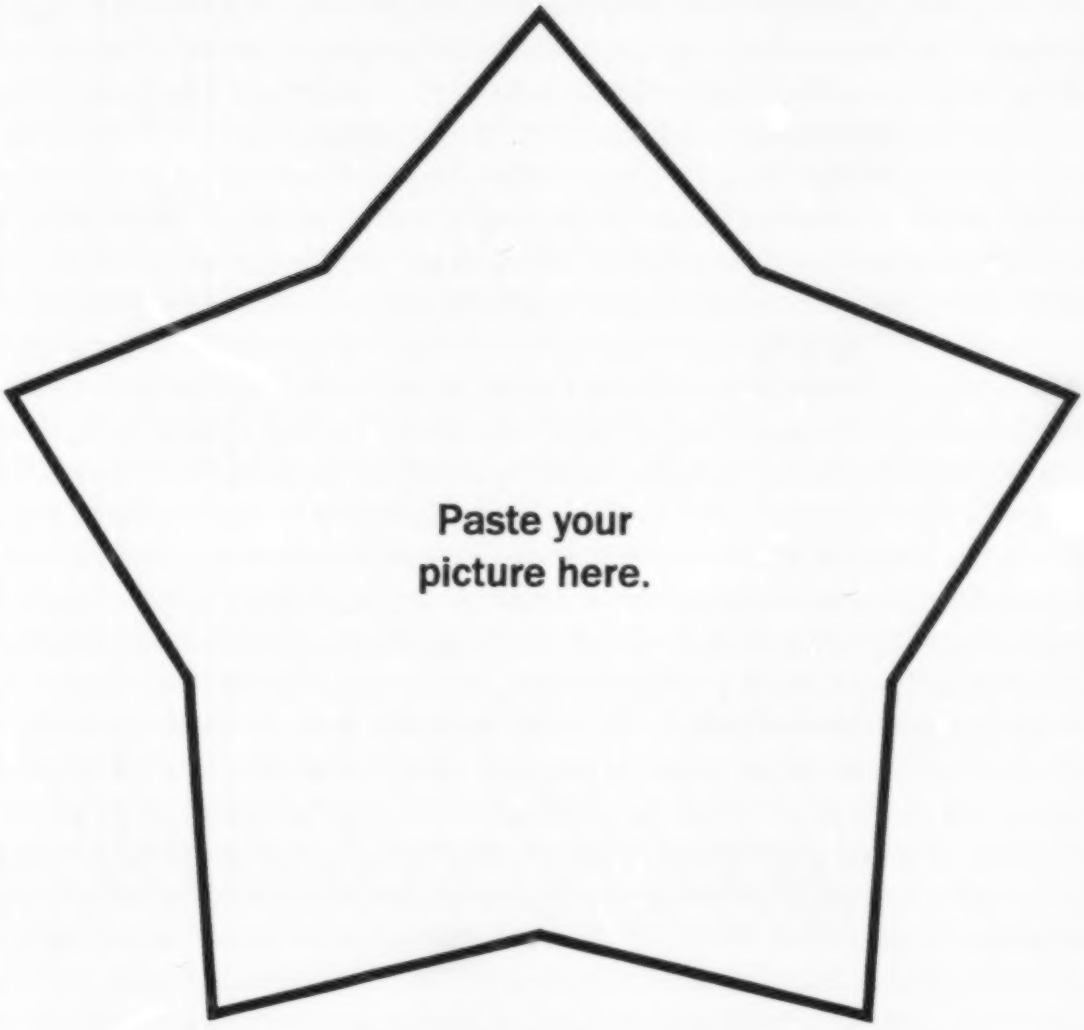
George and Marilee

MEMORIES, FEELINGS and DREAMS

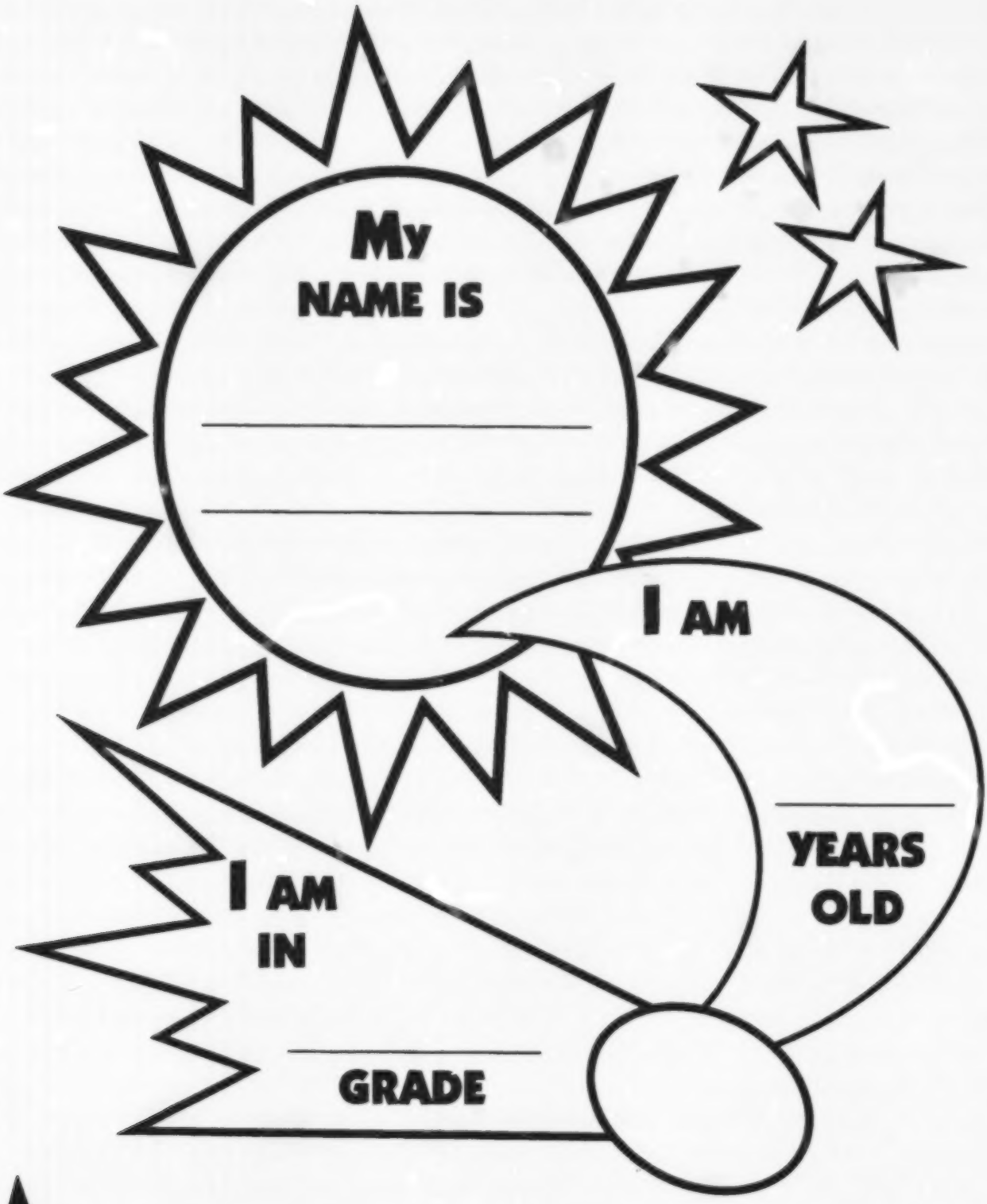
As I stroll through the myriad of time,
I listen to precious memories
echoing deep in my mind.
They hold such great feelings and dreams
within the depths of my soul –
I must record them and share with you
my story never told.



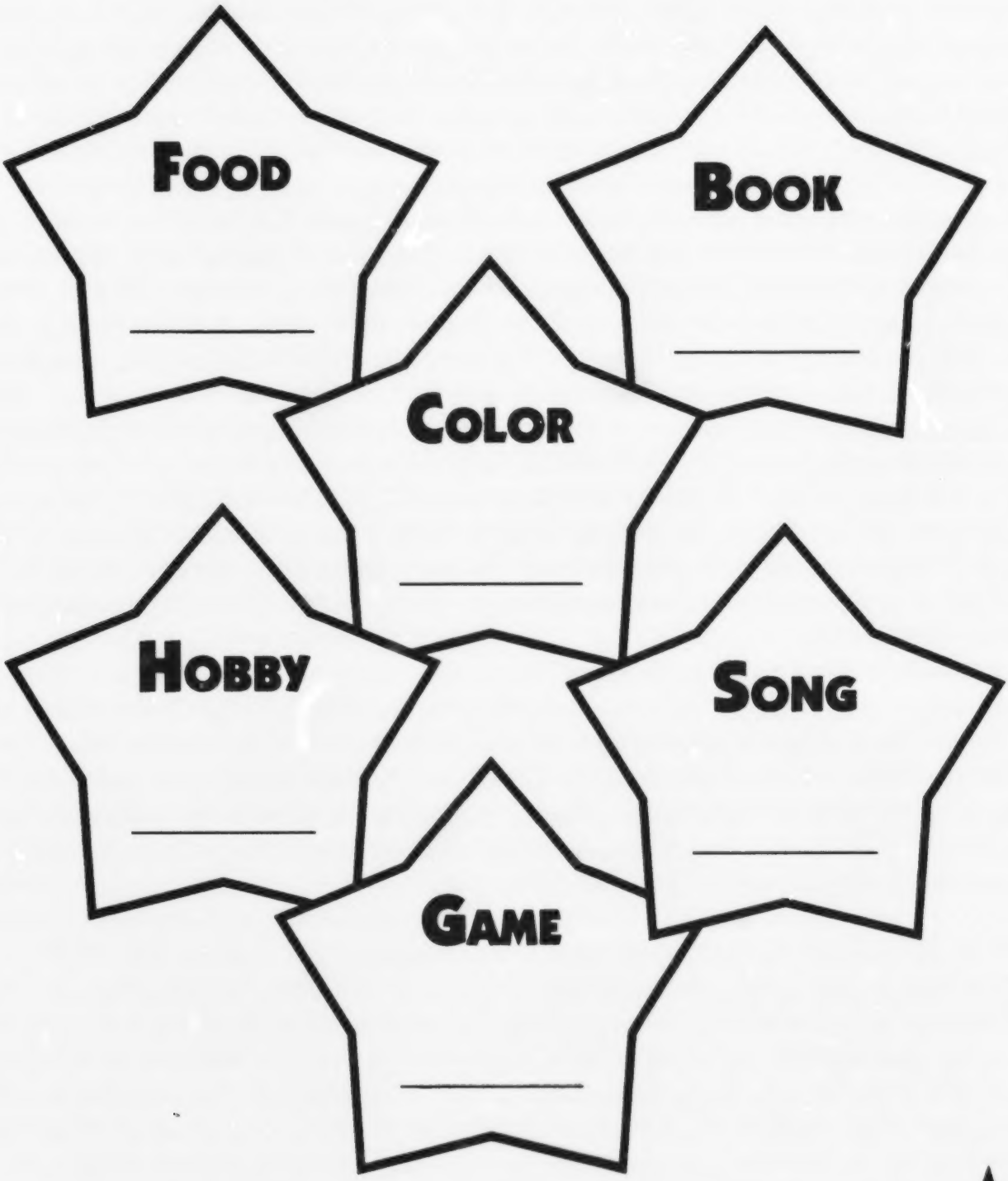
This Is My Galaxy!



All about Me



My Favorite Things



Make a copy of this page for every special person you live with. Then get the stickers from the Family Fun Sticker sheet and stick one on each page. You can make your own stickers too!

Put your Family Fun Sticker here!

Name _____

Birth date _____ Birth place _____

I grew up in the city/town of _____

and went to school at _____

My favorite subjects to study were _____

My favorite hobbies were _____

My special childhood memories are _____

_____

_____

I got my first job as a _____

Later in my career, I became a _____

Some other important experiences I have had are _____

_____

_____

When you were born I felt _____

_____

_____

To me you will always be _____

_____

_____

I'd like you to remember these words of wisdom: _____

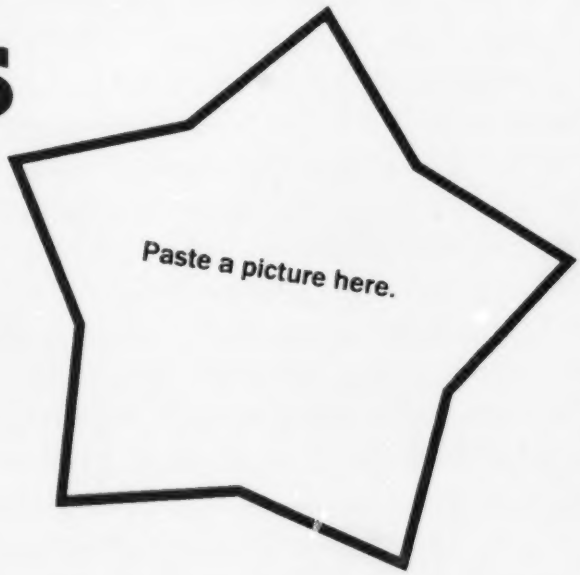
_____

_____

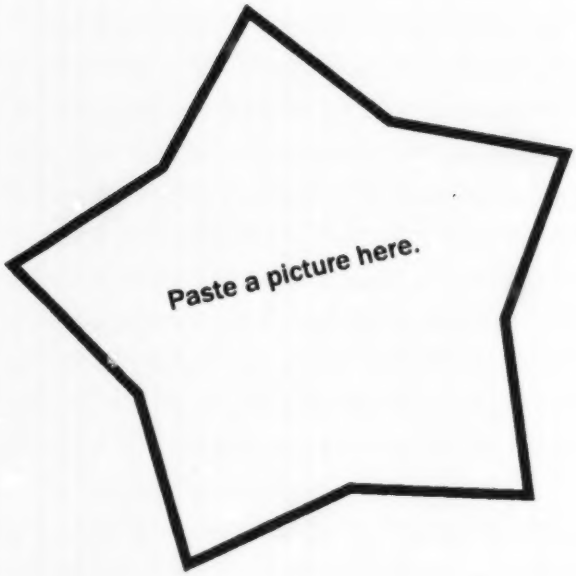
(Write the name of the special person you live with here.)

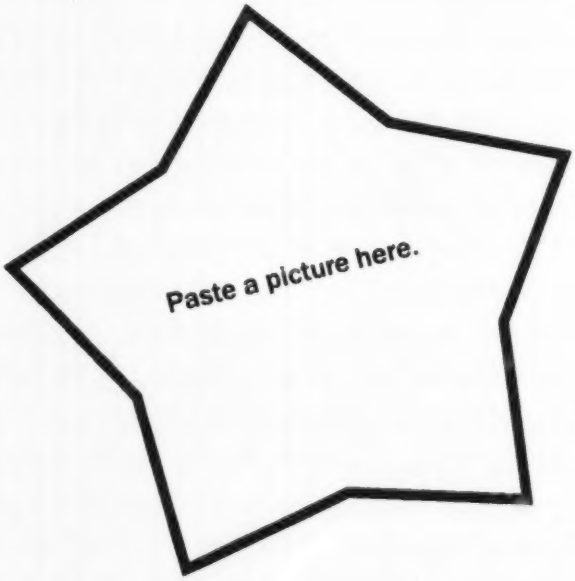
Heart Lights

Heartfelt messages from the special person in your home. Be sure to put the date for each message!



More Special People I Live With





Heart Lights

Heartfelt messages from special people I live with.
Be sure to put the date for each message!

Other Special People

Paste pictures of other family members and good friends. Then write their names next to their pictures and have them write heartfelt messages to you. Be sure to put the date for each message.

How to Use the Lights in My Galaxy Diary Pages

Look at pages 18 and 19. On each page, you will write about the experiences, feelings, and dreams you've had. Have an adult make you as many copies of these pages as you need. Be sure to write the date at the top of each page!

High Lights

Here you will list the happy times you've had.

Low Lights

Here you will list the sad times you've had.

Heart Lights

Here you will list the family members and friends that you've talked to. Try to remember what you talked about and write that, too.

Moon Beams

Here you will write about the dreams you've had. You can write them down in your diary right after you wake up, when they are easiest to remember.

Sun Lights

Here you will talk about any problems or worries you've had recently. How did you solve them? What alternatives did you have? Why did you choose the solution you did?

Star Lights

Here you will list your achievements and good deeds. What goals did you accomplish? What did you do to help people and make them feel better?

Guiding Lights

Here you will list your goals for the following week or month, like reading a good book, eating nutritious snacks, or remembering to say "Thank you!"

The Lights in My Galaxy

Name: _____ **Date:** _____

HIGH LIGHTS

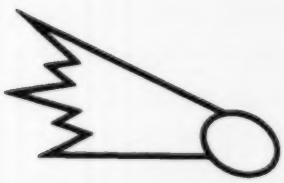
LOW LIGHTS

HEART LIGHTS

MOON BEAMS

SUN LIGHTS

STAR LIGHTS



GUIDING LIGHTS

Everlasting Lights

If you have lost a special person or pet through death, you will feel strong emotions. Do the best you can to remember the things about this loved one that are most important to you.

I remember _____

I remember when we used to _____

_____

_____

I remember these things said to me: _____

_____

_____

_____

I remember these lessons I learned: _____

_____

_____

_____

I miss my loved one because _____

_____

_____

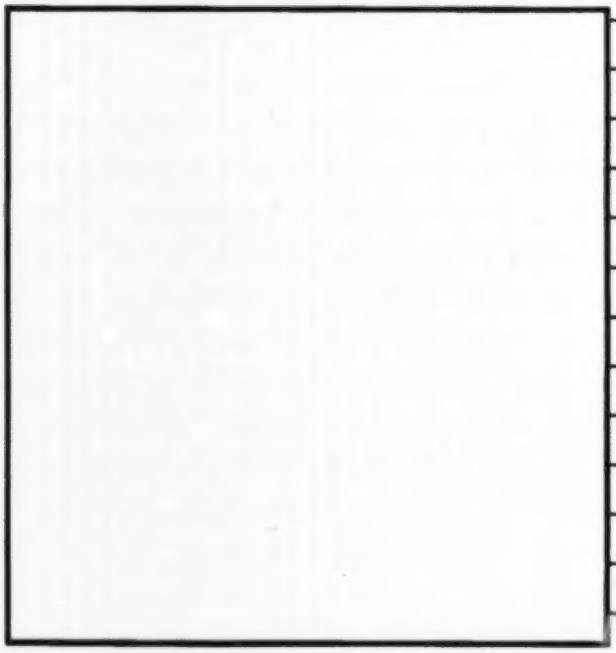
_____

_____

_____

Twinkle Lights

Use the next two pages to tell your own funny stories about experiences you have had with your family, friends, classmates, or even your pets! You can write about anything that has happened in the past. Try to remember when each funny time happened and write the date above it. If you want, draw a picture next to each story.



Exploring My Galaxy

Write about trips you have taken with your family, friends, or classmates. Paste favorite photos or draw pictures of your trips next to your writing and write the date.

The Sky in My Galaxy

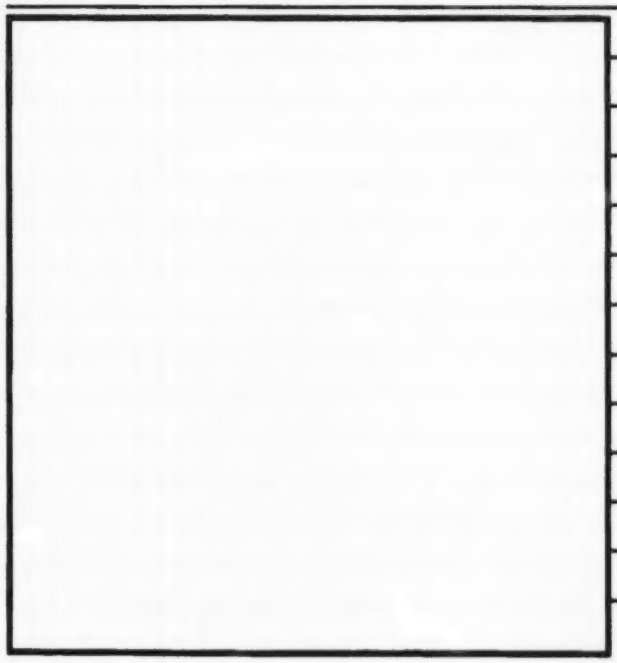
Sometimes it's fun to lie in the grass and look up at the sky. In the daytime, you can see what interesting shapes the clouds make. If it is dark, you can look at the stars and see how many constellations you can name. Use this page to write about the exciting things you've seen while looking at the sky. If you like, you can draw pictures of the things you see. Be sure to write the time and date, and anybody you were with.

My Imagination in Art Form

Use the next two pages to draw pictures of anything you want. Be creative! If you want, you can write stories about your drawings and put them underneath.

My Imagination in Written Form

Write a story or poem. Use your imagination and be creative! If you need more room, just start on a new sheet of paper. You can draw a picture to go with your story or poem, too.

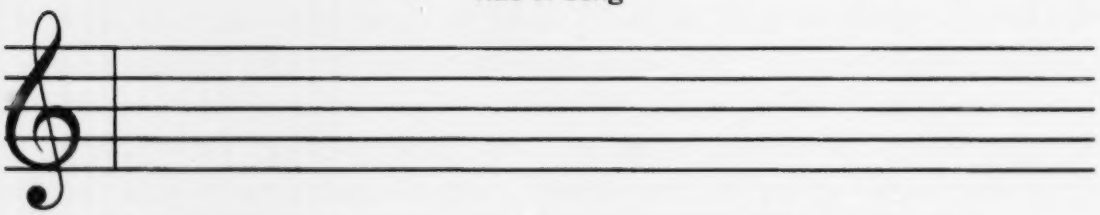


My Imagination in Musical Form

Now you can put musical notes to one of your poems. Just write your poem on the "Verse" lines, then ask a music teacher to help you write the notes of a melody you would like to use.

_____

Title of Song



_____

Verse

_____

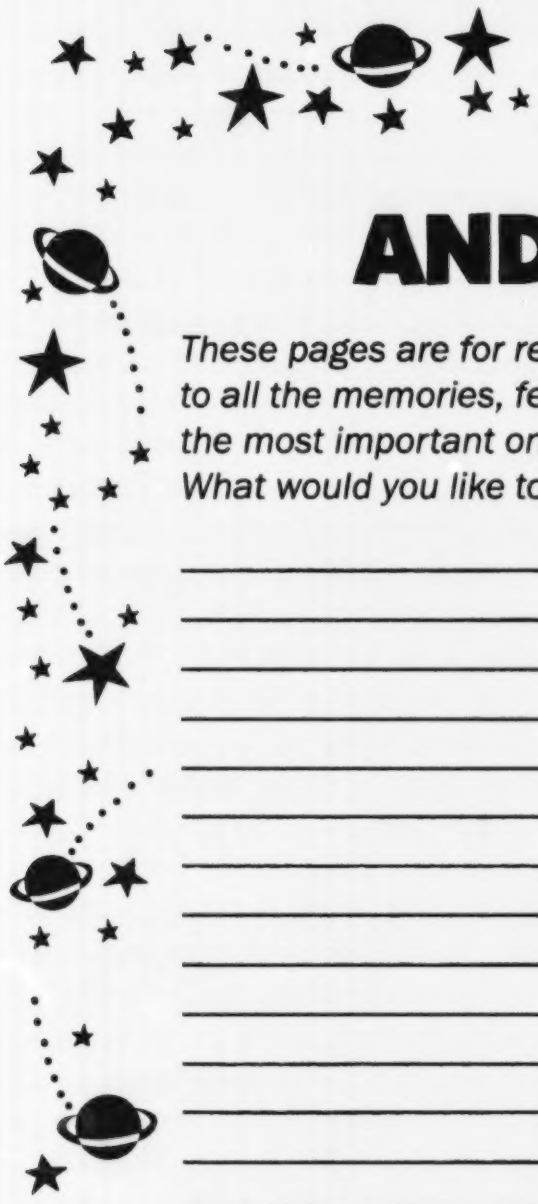
Verse

_____

Verse

_____

Verse



Reflections and Resolutions

These pages are for reflecting back on the whole year. Think back to all the memories, feelings, and dreams you had and write about the most important ones. It's also a time to think about the future. What would you like to accomplish in the year ahead?

My Galaxy of Memories, Feelings, and Dreams

A writing journal for kids!

Take a journey through the galaxy of your life!

Write about...

...your favorite things and your wildest dreams

...your special moments and funniest experiences

...your saddest times and your happiest days

...your greatest accomplishments and your highest goals!

Discover...

...the life stories of your family members

...what you mean to your friends

...your own creativity!

"My Galaxy is an effective tool for drawing families closer together as it unlocks the potential and talents of the students involved."

–David L. Boren, Former U.S. Senator
President, University of Oklahoma

"I think that the My Galaxy journal is a wonderful book to write down heartfelt moments and little things from friends and family that you might otherwise forget. It inspires me to become a writer someday."

–Chelsie Hellige, 6th grader

"My Galaxy personal journal is a refreshing and delightful experience for children and adults."

–John R. Smith, M.D.

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